



## Challenge: BECOME AN ENERGY STAR!

**The Scoop:** How much energy are you really using? Energy conservation isn't only about building windmills or buying hybrid cars; there are many things you can do at home to conserve energy and reduce the effect you have on the environment. In this challenge, you'll track the energy usage of the people you live with, come up with an energy-saving plan, and then follow up to see if your plan has helped you conserve.

### **What You'll Need:**

- Paper and a pen or pencil

**The Challenge:** For an entire week, pay attention to how people you live with use energy. Write down how often and for how long you find lights left on in an empty room, water is left running, people fall asleep with the TV on, and other things that may use extra energy. When the week is over, sit down with everyone and make suggestions on how they can be more energy-efficient. Then pay attention for another week and see if you notice any changes.

### **Stuff to Think About:**

- How can energy conservation help your family save money?
- Want an extra challenge? Ask an adult or older kid to show you where the energy meter is for where you live. It's usually outside of a house, or in the basement or laundry room of an apartment building. Write down the reading and then check it after a week of regular use and another week of energy conservation. Do you notice any differences?